

GREENVILLE RANCHERIA

National Diabetes Prevention Program (DPP)

The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of developing or delaying type 2 diabetes.

Greenville Rancheria is working together with our community to help prevent type 2 diabetes. Our team of dedicated Lifestyle Coaches are Jen Gagliano, Carrie Samson, Crystal Jimenez, Melanie Uribe, Melina Mendoza, & Kacy Samson. This team takes part in the structured lifestyle change program to help patients and community members cut their risk of developing type 2 diabetes by focusing on healthy eating and physical activity.

If you are interested in participating or just want more information about the benefits of joining this prediabetes lifestyle change program,

please call us today. You will get a full year of support and learn how to eat healthy, add physical activity to your daily routine, manage stress, stay motivated, and help solve problems that might be getting in the way of your wellness goals.

We will have in person and distance learning for this program, you will join others on your wellness journey while receiving support of people with similar goals and challenges.

To find out if you are at risk for type 2 diabetes, take the CDC National Diabetes Prevention Program Prediabetes Risk Test by going to the CDC website listed below, or ask your care provider at your next appointment. www.cdc.prediabetsrisktest.gov

Greenville Rancheria is currently recruiting community members to start a new class attentively in September 2023. For more information contact Carrie Samson RN, at 530-528-8600 ext. 220.



YOU CAN PREVENT or
DELAY TYPE 2 DIABETES

Get Started Today!

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am – 5pm.
Medical - Dental Monday - Saturday
8am-5pm

*Call clinics first to confirm hours of
operation due to the COVID-19 pandemic.
Now our Red Bluff and Greenville
Dental is open*